

A.M. Yoga

1a. Begin on your stomach with your feet up against the wall, knees and elbows on the floor. Press your palms together with your knees, feet, and elbows at about hip distance apart.



1b. Using the elbows, push them into the floor bringing the hips and tail bone pointing at the ceiling. Keep neutral spine, while tighten abdominals. Press the heels into the wall feeling a stretch in the back of the legs. The legs are straight, or you can have a small bend at the knees to keep the back flat. Let the head and neck hang freely from the shoulders. 1c. Sit back on heels; rest forehead on ground with arms outstretched overhead with palms down. Breathe and relax. Then slowly, using the core, bring the body up into natural seat with arms on your side.



1d. Using the arms, with palms facing up, draw a circle around the outside of the body towards the head till your palms come together. 1e. Bring your hands down just below the sternum with palms together. Then release the palms and exhale while bringing them around face up, resting at the top of the thighs.

1d.



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Repeat \_\_\_\_\_ times

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